

## ARMY HEALTH CLINIC – STUTTGART COVID-19 TESTING INFORMATION

Date \_\_\_\_\_

### You have symptoms that may be related to a COVID-19 infection.

- Stay home and away from others, including members of your household, for at least the next 48 hours, except to get medical care.
- Staying home and away from others means staying in your own room, using your own bathroom, not eating with other people, not interacting face-to-face, and not riding in cars together.
- Continue to stay home until you have had no symptoms for 48 hours.
- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.
- If your PCR test is positive, you will be contacted with further instructions.

### You were identified as a close contact of an individual who tested positive for COVID-19.

Close contact is defined as being within six feet of a COVID positive individual for 15 minutes (cumulative within a 24-hour period).

- If you are Not Up to Date on COVID Vaccination and having *NO symptoms* then you **quarantine for 5 days** and recommend testing via *Certified Antigen Test* or *PCR* on Day 5 from last contact with close contact and release from quarantine on day 6 with negative test result. You must wear a mask for 10 days post exposure.
- If you are Fully Vaccinated, with *no symptoms* of COVID 19 you **are not required to quarantine**, but recommend testing via *Certified Antigen Test* or *PCR* on Day 5 from last contact with close contact. You must wear a mask for 10 days post exposure. If you develop symptoms, then test via *Certified Antigen Test* IMMEDIATELY.

### General Notes

- If you test Positive on *Certified Antigen Test*, there is no need for PCR test.
- COVID testing open M-F 0800-1000 (Closed Federal Holidays) at Acute Respiratory 2.
- If you require an appointment with a provider, contact the appointment line at **06371-9464-2900**.
- If you have an **emergency warning sign** (including trouble breathing or chest pain), seek medical care immediately at the nearest emergency room.

**\*Please be aware and follow HOST NATION Guidelines for Close Contacts and Positives results when off-post**

**For up to date HOST NATION guidance please visit:**

<https://www.baden-wuerttemberg.de/de/service/aktuelle-infos-zu-corona/fragen-und-antworten-rund-um-corona/faq-quarantaene/>

**You will NOT be notified if your test is negative**

### How to get test results:

- 1) Tricare online, <https://www.tricareonline.com>
- 2) Command/Unit Medical Assets
- 3) Email medical records at [usarmy.stuttgart.medcom-bhc.mbx.stuttgart-pad-records@mail.mil](mailto:usarmy.stuttgart.medcom-bhc.mbx.stuttgart-pad-records@mail.mil)

- ❖ Return to work or school is in accordance with unit or school COVID-19 policy.
- ❖ Additional guidance received from your Command will supersede any instruction noted above.

### COVID-19 Symptoms

- Fever or Chills
- Cough, Sore throat
- Shortness of breath or difficulty breathing
- Fatigue, Headache
- Muscle or body aches
- New loss of taste or smell
- Nasal or Sinus Congestion or Runny nose
- Nausea, Vomiting, or Diarrhea

## Guidance for those who tested **POSITIVE** FOR COVID-19 ON PCR TEST

- If you test **POSITIVE** for COVID 19 you will be notified by Patch Clinic via telephone. You will begin a minimum **5 day isolation** that starts on the date of your test (**Day 0**).
- You may be released *after* day 5, IF you have significant improvement in initial symptoms, have been without fever for the past 24 hours without the use of medications AND are able to wear a face mask for an additional 5 days (10 day period, total).
  - There is no garrison requirement for a test to end isolation.
- You may only leave your residence to receive emergency medical treatment.
- You are required to notify all those you were in **close contact with from 48 hours prior to symptom onset** (close contact defined as being within six feet for 15 minutes cumulatively within a 24-hour period)
- Physically separate from those in your household. This means stay in your own room, do not eat with members of the household, do not ride in cars with others and do not interact face to face with the household.
  - If you cannot remain physically separated from members of your household, those individuals may endure quarantine based on vaccination status, please see above close contact guidance.
- **COVID-19 is a Viral Respiratory Illness and can be treated at home. Please see COVID-19 Reassurance and Education for additional information on at home treatment.**
  - **Individuals at high risk for severe illness** may be eligible for prescription medications- this will be discussed with you at the time of positive test notification.
  - If you are seeking over the counter medication and are empaneled to Patch Clinic and cannot have an individual retrieve medication on your behalf from the store please proceed to the Acute Non Respiratory Center M-F 0800-1045 to retrieve these medications from Patch Clinic.
- Patch Clinic no longer provides letters of recovery, please proceed to your local Apotheke, once recovered, with your PCR test result to receive documentation of a recovered person.
- If you have an **emergency warning sign** (including trouble breathing, shortness of breath or chest pain), seek medical care **immediately** at the nearest emergency room.

## COVID-19 Reassurance and Education

- COVID-19 is a respiratory virus similar to influenza or the common cold; most people will have mild illness that they can recover from at home without medical care. Typical Viral Illnesses have a duration of 7-14 days.
- No medicine or "shot" will cure an uncomplicated respiratory virus. The best treatment is rest, hydration and over the counter medication that can help the individual tolerate symptoms.
- Respiratory viruses, like COVID-19, are usually not serious.

### Contagiousness:

- Respiratory viruses are spread by your nasal secretions.
- Cover your nose and mouth with a tissue when you sneeze or cough.
- Wash your hands frequently with soap and water.

### Expected Course of a Respiratory Virus:

- Fever may last 2 to 3 days
- Nasal discharge 7 to 14 days
- Cough up to 2 to 3 weeks

### Call your provider immediately if the following occurs:

- Fever lasts more than 3 days
- Nasal discharge lasts more than 10 days
- Cough lasts more than 3 weeks
- Your symptoms worsen and you would like to be seen by a provider

### Call 112 or proceed to the local Emergency Room immediately if the following occurs:

- Difficulty breathing or shortness of breath
- Chest pain
- Confusion, inability to stay awake

### Here is some care advice that should help:

- *Before taking any medicine, read all the instructions on the package.*
- Nasal mucus and discharge help wash viruses and bacteria out of the nose and sinuses.
- Blowing your nose helps clean out your nose.
- Nasal Washes are very effective for a Stuffy Nose:
  - *Introduction:* Saline (salt water) nasal irrigation (nasal wash) is an effective and simple home remedy for treating stuffy nose and sinus congestion. The nose can be irrigated by pouring, spraying, or squirting salt water into the nose and then letting it run back out.
  - *How it Helps:* The salt water rinses out excess mucus and washes out any irritants (dust, allergens) that might be present. It also moistens the nasal cavity.
  - *Methods:* There are several ways to irrigate the nose. You can use a saline nasal spray bottle (available over-the-counter), a rubber ear syringe, a medical syringe without the needle, or a **Neti Pot**.
- **Medicines for a Stuffy or Runny Nose:**
  - Cold medicines that are available over-the-counter (OTC) may be helpful.
    1. If your nose feels blocked, you should try using nasal washes first (see above).
    2. Antihistamines: Are only helpful if you also have nasal allergies.
    3. If you have a very runny nose and you really think you need a medicine, you can try using an over the counter nasal decongestant such as Sudafed, Afrin or *Neo-Synephrine* for a couple days.
      - i. **Caution Nasal Decongestants:**
        - ✓ Do not take these medications if you have high blood pressure, heart disease, prostate problems, or an overactive thyroid.
        - ✓ Do not take these medications if you are pregnant.
        - ✓ Do not take these medications if you have used a MAO inhibitor such as isocarboxazid (Marplan), phenelzine (Nardil), rasagiline (Azilect), selegiline (Eldepryl, Emsam), or tranlycypromine (Parnate) in the past 2 weeks. Life-threatening side effects can occur.
        - ✓ Do not use these medications for more than 3 days.
- **Pain and Fever Medicines:**
  1. For pain or fever relief, take over the counter acetaminophen or ibuprofen, dose as directed on package. Use the lowest amount of medicine that makes your pain or fever better.
  2. Treat fevers above 101° F (38.3° C). The goal of fever therapy is to bring the fever down to a comfortable level. Remember that fever medicine usually lowers fever 2 degrees F (1 - 1 1/2 degrees C).

- **Caution:** Do not take acetaminophen if you have liver disease.
- **Caution:** Do not take ibuprofen if you have stomach problems, kidney disease, are pregnant, or have been told by your doctor to avoid this type of anti-inflammatory drug. Do not take ibuprofen for more than 7 days without consulting your doctor. Speak to your provider about taking ibuprofen if you are over the age of 65.